Principal Supervisors’ Twitter Chat

*Monitoring the Health and Well-Being of Principals During a Pandemic*

Thursday, September 17, 2020
7:00-7:30 PM ET
#AASAPrincipalSupervisor
Welcome to #AASAPrincipalSupervisor Twitter Chat

Tonight’s topic is: Monitoring the Health and Well-Being of Principals During a Pandemic

• Introduce Yourself

• Next, respond to the question prompt. Include the hashtag #AASAPrincipalSupervisor and answer associated with the question such as A1, A2, ....
Welcoming Colleagues Tonight

Catherine Edmonds, Ed.D
Superintendent
Elizabeth City-Pasquotank, NC
Public Schools

Evelyn Edney, Ed.D
Principal
Early College High School
Delaware State University

Leslie Hazle Bussey, Ph.D.
CEO/Executive Director
Georgia Leadership Institute for School Improvement

9/14/2020
#AASAPrincipalSupervisor
“Leaders were asked to share the three emotions they had experienced the most during the prior two weeks. An overwhelming 95 percent of the feelings they named could be classified as “negative.” The most commonly mentioned emotion was **anxiety**, which stood out glaringly above all others—**overwhelmed, sad, stressed, frustrated, uncertain** and **worried**. “

School leaders expressed worry about:

- getting sick and about their families or loved ones contracting the novel coronavirus.
- health concerns of their faculty, staff and students
- work-life balance in a remote learning environment

The Center for Creative Leadership, as well as the National Association of Secondary School Principals (NASSP), the National Association of Elementary School Principals (NAESP), and other national organizations have found that there have been consistently increasing demands put on school principals over the last 15 years. And those studies from these national and international organizations were all completed prior to COVID-19.
What we know....

In the United States, 42 percent of principals indicated they were considering leaving their position (NASSP, EPI). According to the Learning Policy Institute, "Nationally, the average tenure of a principal is about four years, and nearly one in five principals, approximately 18 percent, turn over annually. Often the schools that need the most capable principals, those serving students from low-income families, have even greater principal turnover."

......and now we have the added stress of a pandemic and schools reopening.

https://blogs.edweek.org/edweek/finding_common_ground/2020/08/we_should_be_concerned_about_the_mental_health_of_principals.html
Q1: How is your school district or organization determining the health and well-being of principals during the pandemic?
Q2: What supports are available to principals when they acknowledge that they are over-whelmed, stressed, and anxious about reopening schools to teachers and students?
Q3: How has the district restructured roles and responsibilities of district personnel in order to provide more support to principals as they reopen schools?
Q4: What resources are available for principals who may be experiencing social and emotional stress and anxiety due to the added responsibilities of closing and reopening a school in a pandemic.
Q5: Describe supports that your district or organization is providing for principals who are experiencing additional stress during the pandemic. Examples might include: counseling, mindfulness workshops, family events with social distancing, or exercise programs?

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Thank you to the Wallace Foundation for supporting educational leaders and their growth.

Thank you to Executive Director Dr. Jackie Wilson
National Policy Board for Educational Administration
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AASA is proud to partner with these great organizations to advance professional learning for educational leaders

Dr. Valerie Truesdale
@valerietruesdal

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